



March 30, 2024

Central HS  
Carrollton, GA

## HURDLES GRIND

For any real-time changes, bookmark the meet schedule at [rosterathletics.com](https://rosterathletics.com) or download the Roster Athletics app.

Track Events	
9:00 a.m. (rolling)	<b>3000m run</b> (8U, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	<b>Clinic included</b> <b>400m/200m hurdles</b> (Masters, Open, 17-18, 15-16, 13-14, 11-12)
	<b>400m dash</b> (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	<b>1500m run</b> (8U, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
12:30 p.m. (rolling) (+/- 30 minutes)	<b>100m dash</b> (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	<b>800m run</b> (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	<b>Clinic included</b> <b>Sprint hurdles</b> (Masters, Open, 17-18, 15-16, 13-14, 11-12)
	<b>200m dash</b> (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)

Field Events	
9:00 a.m.	<b>Long jump</b> (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
9:00 a.m.	<b>Javelin throw</b> (Masters, Open, 17-18, 15-16, 13-14, 11-12, 9-10, 7-8, 6U)
10:30 a.m.	<b>Shot put</b> (8U, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
1:00 p.m.	<b>Discus throw</b> (11-12, 13-14, 15-16, 17-18, Open, Masters)
2:00 p.m.	<b>High jump</b> (9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)